L:00pm-2:30pm

DC MANIA® SCHEDULE-AT-A-GLANCE

-CONVENTION WORKSHOPS	fitness Day	8:00am-5:00pm p. 8	SCW PERSONAL TRAINING CERTIFICATION K. Roberts - 8.00am-5.00pm - p. 8	8:00am-5:00pm p. 8	SCW YOGA 1 CERTIFICATION Velazquez - 8:00am-5:00pm - p. 8	9:00am-5:00pm p. 8	
	HIGH FITNESS INSTRUCTOR TRAINING Semrad • 8:30am-5:00pm p. 10			SCW Meditation Certification Rockit 5:30pm-9:30pm p. 9	SCW Yoga II Certification Velazquez 5:30pm-9:30pm p. 8	SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm p. 8	
CLICK HERE >> TO ENLARGE	HIIT / FUNCTIONAL	GROUP EXERCISE	C PERSONAL TRAINING /	PERSONAL TRAINING /	E MIND / BODY	ACTIVE AGING /	

	HIGH FITNESS INSTRUCTOR TRAINING Semrad • 8:30am-5:00pm p. 10			SCW Meditation Certification Rockit 5:30pm-9:30pm p. 9	SCW Yoga II Certification Velazquez 5:30pm-9:30pm p. 8	SCW Active Aging Nutrition Certification Silverman 5:30pm-9:30pm p. 8
CLICK HERE » TO ENLARGE 6 PRINT	HIIT / FUNCTIONAL TRAINING	GROUP EXERCISE	PERSONAL TRAINING / FUNCTIONAL TRAINING	PERSONAL TRAINING / STRENGTH / SPECIALTY	MIND / BODY MOBILIZATION	ACTIVE AGING / RECOVERY
FR1 7:30am-9:00am	Pulling for Power™ SGT Ken® p. 11	Beachbody Strength Brodowsky p. 11	Training by the Numbers Gavigan p. 11		Roll Better, Roll Less Bettendorf p. 11	Corrective Exercise for Problem Shoulders Pata p. 11
FR2 10:00am-11:30am	Whipped and Ripped Appel p. 12	POUND® - Why Your Body Rocks! Ward p. 12	Movement Matters! McCall p. 12	Mobility & Flexibility - Research & Application Comana p. 13	RumbleRoller® Group Exercise Flow Bettendorf p. 13	Prevention & Recovery Through Muscle Stimulation Feinberg p. 13
FR3 SESSION 1 11:45am-1:15pm FR3 SESSION 2 12:30pm-2:00pm	Extreme HIIT Chaos Shaia Session 2 p. 14	BODYATTACK® Workout Bramski Session 1 p. 13	Basics of Personal Training Programming Gavigan Session 2 p. 14	Speedball For Personal Trainers Feinberg Session 1 p. 13	Conscious Movement & Functional Yoga Velazquez Session 1 p. 13	Foam Rolling Applied Programming: REGEN® Riddick-Losch Session 2 p. 14
FR4 2:15pm-3:45pm	Core to Soar! Rockit p. 14	The Ultimate Group X Experience Brodowsky p. 14	Let's Get FHIIT Robinson p. 14	Power Up! McCall p. 14	More Chi For Me Haan p. 15	Functional Circuits for the Active Adult Mikulski p. 15
FR5 4:00pm-5:30pm	From the Ground Up! Velazquez p. 18	HIGH Fitness: Aerobics is Back! Semrad p. 18	50 Unique Core Lovers Exercises Shaia p. 18	Redefine Functional Training- Redefine Yourself Mullins p. 18	Warm Up! Performance Flexibility & SMR Lewis-McCormick p. 18	Active Aging: No Place Like Foam Kooperman p. 18
FR6 EVENING SESSIONS 6:30pm-7:30pm	FITNESS IDOL with Judg	IDOL COMPETITION ges: Kooperman, K. Roberts, Rockit & Velazquez • 6:30pm-7:30pm • p. 19				MANIA® Rest and Recovery with Namirsa & RumbleRoller p. 19
SA1 7:00am-8:30am	Rock the Core by ActivMotion Bar Mikulski p. 19	The Warrior® Workout J. Roberts p. 19	Workouts That Work McCall p. 19	Tweak lt! Bach p. 19	Tao Yoga Flow Haan p. 20	Rolling with Mindfulness and Breathwork Bettendorf p. 20
SA2 KEYNOTE & AWARDS 9:30am-10:45am	LERO TO SUCCEED: ROOM A • 9:30am-10:45a	SGT KEN 🥙				
SA3 11:00am-12:30pm	The EPOCalypse WaterRower® Power Workout™ Lewis-McCormick p. 20	Tabata GX™ - Tabata Redefined! Shaia p. 20	TNT- Explosive Bodyweight Training Bach p. 20	Speedball Core Feinberg p. 21	The Perfect Fusion With Piyo Conser p. 21	Strength Training for Longevity & Vitality Kooperman p. 21
SA4 SESSION 1 12:45pm-2:15pm 1:30pm-3:00pm	Plyo Play Ross Session 2 p. 23	The Ultimate Cardio Kickboxing Party Conser Session 2 p. 23	Training the Active Aging Female Client K. Roberts Session 2 p. 23	Les Mills GRIT®: Cardio & HIIT Bramski Session 1 p. 22	Functional Pilates Flows with ActivMotion Bar Mikulski Session 1 p. 22	Yoga for the Young at Heart: Chair Kooperman Session 1 p. 22
SA5 3:15pm-4:45pm	Training the Female Core K. Roberts p. 23	Learn to MOVE with SweatNow Kozma p. 23	Mandatory Teamwork Gavigan p. 23	High Ideal Performance Sherman p. 23	Core Forward Pilates Howard p. 23	TriggerPoint™: GRID® Lock Pata p. 24
SA6 5:00pm-6:30pm	Funtensity Ross p. 24		Center Yourself Bach p. 24	The Ladder Approach to Program Design Mullins p. 24	Yoga palooza Haan p. 24	Myofascial Compression Techniques for Injury Prevention Pata p. 24
SA7 EVENING SESSIONS 6:45pm-7:45pm	MANIA® Dance Off! Country Fusion®, HIGH Fitness, LaBlast®, POUND®, SOUL CLAP p. 25				Recovery Through Meditation Rockit p. 26	
SU1 7:00am-8:30am	E.S.P. 1,2,3 - Performance Circuit Training Lewis-McCormick p. 26		Your Rear is the Gear Ross p. 26	Performance Training for Competition Feinberg p. 26		TriggerPoint™ for Movement Riddick-Losch p. 26
SU2 8:45am-10:15am	Crew Conditioning™ with SGT Ken® p. 27	MOVE with SweatNow Kozma p. 27	The Ultimate Fitness Equation Robinson p. 27	Developing Elite Fitness Experiences Mullins p. 27		Whose Back? Your Back! Haan p. 27
SU3 11:15am-12:45pm	Shifting is the New Lifting Ross p. 27	POUND® - Sweat. Sculpt. Rock. Ward p. 27	Hit the Wall Rockit p. 27	Simple & Smart Personal Training Feinberg p. 27		Country Fusion® For Active Agers Mooney p. 28
SU4	Lift Off!	The Warrior® Experience	Movement Preparation for Lifelong Resilience	The Brain Trainer		Progressive Systems to Self-Myofascial

Thursday, Jan. 24:...5:00pm-7:00pm Friday, Jan. 25:......8:45am-2:30pm & 5:00pm - 6:45pm Saturday, Jan. 26:...8:15am-3:30pm & 6:00am-7:00pm Sunday, Jan. 27:.....10:00am-1:30pm (Closeout Shopping)

EXPO IS FREE & OPEN TO THE PUBLIC! Get your Pass: scwfit.com/expo





SCW Boxing Certification Feinberg 9:00am-5:00pm p. 8

NG I p. 10	TriggerPoint™ Assessments to Performance Pata 1:00pm-5:00pm p. 10		
	NUTRITION /	BUSINESS / LEADERSHIP	M
	EX SCIENCE	/ WELLNESS	BOXING / CIRC

s.oodin s.oopin p. s			r:odani-s:odpin- p. id	1.00pm-3.00pm p. 10				
G BARRE	DANCE	POOL (LECTURE)	CYCLING	NUTRITION / EX SCIENCE	BUSINESS / LEADERSHIP / WELLNESS	BOXING / CIRCUIT		
BarreFlow Fire & Fe Taylor p. 11	SOUL CLAP: Become the Music Freeman p. 12	Water Running Rockit p. 12	Schwinn®: The Magic of the 3 C's Hogg p. 12	Metabolism & Fat - Science & Application Comana p. 12	Assess, Explore, Pattern: Functional Pilates Mikulski p. 12		FR1 7:30am-9:00am	
"HIIT" the Barre Lewis-McCormick p. 13	HIGH Fitness: Aerobics is Back! Semrad p. 13	Tab-Aqua Quickies Howard p. 13		Immunity Boosters & Busters Silverman p. 13	Building Choreography Like a Pro Van Amstel p. 13		FR2 10:00am-11:30am	25
Barre With a Twist Appel Session 1 p. 10	LaBlast® - Line Dance Van Amstel Session 2 p. 14	Girls Just Wanna Have Fun Warasila, Lewis- McCormick & Layne Session 1 p. 14	Schwinn®: The Power Behind POWER K. Roberts Session 1 p. 14	The Science of Interval Training Comana Session 2 p. 14	Insurance for Studios, Instructors & Trainers Urmston Lowe Session 1 p. 14		FR3 11:45am-1:15pm 12:30pm-2:00pm	NUARY
Barre Moves - New Choreography Ideas Shaia p. 15	Country Fusion® Mooney p. 15	Dive Into Aqua Choreography Kooperman, Velazquez, Cofield p. 15	Les Mills SPRINT™: Cycling Success Bramski p. 15	Nutrition Panel - Comana, Layne, Silverman, K. Roberts (Moderator) p. 15	Foam Rolling: Rolling Pins to Vibration Pata p. 15	Boxing: The Method Feinberg p. 18	FR4 2:15pm-3:45pm	FRIDAY, JANUARY
Work At The Barre Eskridge p. 18	SOUL CLAP: One Team, One Sound Freeman p. 18	LaBlast® - Splash Van Amstel p. 19	Schwinn®: Music Magic! Appel p. 19	Gut Health: Your First Brain Layne p. 19	Up Your Game: INSANITY! Conser p. 19		FR5 4:00pm-5:30pm	FRID
					Howard Bettendorf Lewis- s	STATE OF THE INDUSTRY: TRENDS FOR 2019 ROOM L - 6:30pm-7:30pm p. 19	FR6 6:30pm-7:30pm	
Grace And Flow K. Roberts p. 20	HIGH Fitness: Aerobics is Back! Semrad p. 20	LaBlast® - Splash Van Amstel p. 20	Schwinn®: B1G1 Free, Class Design Hogg p. 20	Overcoming Plateaus Layne p. 20	Building Blocks for Career Longevity Brodowsky p. 20		SA1 7:00am-8:30am	
							SA2 9:30am-10:45am	26
Barre 360 Appel p. 21	SOUL CLAP: Stepping & Body Percussion Freeman p. 21	It's Raining Men! Howard, Velazquez, Van Amstel & Rockit p. 21	Schwinn®: Train Right Reimagined K. Roberts p. 21	Nutrtition & Sleep: Fascinating Connections Silverman p. 21	The Science of Myofascial Release Riddick-Losch p. 22		SA3 11:00am-12:30pm	
BarreFlow Taylor Session 1 p. 22	LaBlast® - Ballroom Fitness Partner Free Van Amstel Session 2 p. 23	HIIT the WAVES Lewis-McCormick Session 1 p. 22	Schwinn®: How to WOW! Hogg Session 1 p. 22	Nutrition Uncensored Layne Session 2 p. 23	Time-Saving Tools for Digital Music Howard & Velazquez Session 2 p. 23	Boxing Bootcamp Feinberg Session 1 p. 23	SA4 12:45pm-2:15pm 1:30pm-3:00pm	SATURDAY, JANUARY
Let The Beat Drop Shaia p. 24	HIGH Fitness: Aerobics is Back! Semrad p. 24	Silver Aqua Solutions Warasila, Velazquez & Cofield p. 24	Schwinn®: Rhythm Done Right Appel p. 24	Savy Social Media in Fitness Hogg p. 24	Electronic Stimulation For Athletic Performance Feinberg p. 24		SA5 3:15pm-4:45pm	TURDA
Barre Necessities Appel p. 25	Country Fusion® Workshop Mooney p. 25	Aqua FusionMANIA Layne p. 25	Les Mills SPRINT™: Cycling Success Bramski p. 25	The Metabolic Effects of Resistance Training Kravitz p. 25	Fitness Business Trends For 2019 Kooperman p. 25	3:1 Punchout Feinberg p. 25	SA6 5:00pm-6:30pm	SA
							SA7 6:45pm-7:45pm	
SCW	No.	Barre-a-Cuda Cofield p. 26		Exercise: The Ultimate Brain Booster Kravitz p. 26	Prevention and Performance for Runners Bettendorf p. 26	PiYO BECOME A PIYO	SU1 7:00am-8:30am	727
BARRE CERTIFICATION Appel 9:00am-4:00pm p. 10		Dive In Rockit p. 27	44/	Fat Loss: The Real Story Kravitz p. 27	Sugar Shockers & Shakedown Silverman p. 27	A PIVO INSTRUCTOR Conser 8:00am-4:00pm p. 10	SU2 8:45am-10:15am	JANUARY
	FITNESS PHYTHIN & COULD	Hydro Lift Off! Howard p. 28	water motion WATERINMOTION®	Carbohydrate Craziness Kravitz p. 28	Nutrition Coaching For Personal Trainers Layne p. 28	HORMONES,	SU3 11:15am-12:45pm	SUNDAY, JA
	RHYTHM & SOUL! WITH SOUL CLAP FITNESS FREEMAN 8:00am-4:00pm p. 10	AQUA ABS: WIM-SY! Cofield p. 28	CERTIFICATION Warasila 8:00am-4:00pm p. 10	The Female Traning Advantages 2019 Kravitz p. 28	Functional Fascia Flexibility Mikulski p. 28	Melissa Layne, MEd 9:00am-3:30pm p, 10	SU4 1:00pm-2:30pm	SUN